



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

QI GONG FOR DIGESTION AND WEIGHT LOSS

with Dr. Jessica Chen, L.Ac., DAOM
Thursday, April 4th 6:30 - 7:30 pm

Tao of Wellness Santa Monica (new location)
2825 Santa Monica Blvd., Ste. 300, Santa Monica
Are you having a difficult time losing or maintaining your weight? Do you often feel bloated or gassy? Do you have trouble getting rid of mid-section belly bloat? Come and learn easy, gentle breathing exercises to help improve digestion, balance metabolism and maintain a healthy weight. Limited space. Please call to RSVP: 310-917-2200

SIMPLE EXERCISES FOR STRESS RELIEF AND LIVER CLEANSING

with Dr. Jing Chen, L.Ac., DAOM,
Dipl.OM, FABORM

Wednesday, May 15th 6:30 - 7:30 pm

Tao of Wellness Santa Monica (new location)
Do you have difficulty managing your stress, or do you suffer from irritability, nervous stomach, or tension headaches? Build-up of emotional and environmental toxins can take a toll on your body, and especially on your liver. Come learn some simple, gentle movements to help relieve stress and its physical symptoms while detoxifying your liver. Limited space. Please call to RSVP: 310-917-2200

ANNOUNCEMENTS

ONLINE CONSULTATIONS ARE NOW AVAILABLE VIA SKYPE!

If you (or your out-of-town friend or relative) are unable to visit one of our offices in person, all of our doctors are available for consultations online using Skype. After the consultation, we can ship a customized herbal formula to your home. For information about this service or to schedule an appointment, call 310-917-2200

TAO OF WELLNESS SANTA MONICA

2825 Santa Monica Blvd., Ste. 300, Santa Monica, CA 90404
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TAO OF WELLNESS PASADENA

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A FERTILITY STORY OF TRAGEDY AND TRIUMPH

by Jason Moskovitz, L.Ac., Dipl.OM



Miscarriage is one of the more heartbreaking issues to confront for couples that are struggling to start a family. Traditional Chinese medicine views each person and their miscarriage history individually, allowing for a customized solution, often integrating with other medical interventions. Certain hormonal imbalances or circulatory blockages that lead to miscarriage can be corrected with acupuncture, herbal medicine, nutrition, exercise, and meditation. The right combination and timing of chosen modalities, together with a diligent patient, can yield seemingly miraculous results by optimizing the human body's ability to create a new life.

I recently had the distinct pleasure of treating a darling woman by the name of Liliana. She and her husband had dealt with what seemed like every possible physical and emotional hurdle on their way to becoming parents. Before you read on, know that Liliana's story ends well and that the ups and downs of one's journey toward parenthood may be long and traumatic. But in Liliana's case, her success came with just the right combination of medicine and perseverance.

Liliana was 30 when she decided to get pregnant her first time. She quickly got pregnant but, unfortunately, quickly lost the pregnancy as well. She was devastated, but with her husband's support they tried again a few months later. The second time it took over a year to get pregnant. She safely made it to her second trimester, but Liliana's world was rocked once again when she heard her baby was dangerously small, and at 23 weeks, Liliana delivered her stillborn son. Needless to say, Liliana struggled with the loss, sadness, and

confusion for some time after this. But, after a year passed, Liliana sought out Tao of Wellness as a way to reclaim her life again. Liliana explains:

At my initial appointment the doctor told me he would let me know when to start trying to conceive again. I explained to him I never wanted to get pregnant again. I told him I just wanted to be healthy and happy. I never imagined that I would end up being a patient of Tao of Wellness for 3 years. For 3 years I drank the herbs and went in for weekly acupuncture, which I deeply enjoyed and looked forward to. Gradually I came out of that deep sadness that had taken over my life.

My final two years at Tao of Wellness I worked closely with Jason Moskovitz. Jason was always there to calm my worries and fears. And there was never a shortage of worries as I decided to get back on the path to motherhood again. I was so scared of the unknown and felt like I couldn't possibly hold on to a pregnancy full term. Jason always reassured me that I would be OK, and so would my baby. 4 years after my stillbirth, I was once again pregnant, this time through IVF.

My husband and I were ecstatic. I was highly monitored from the start by my reproductive endocrinologist, and by Jason. I kept up with acupuncture and herbs the entire pregnancy. At 38 weeks and 2 days my dreams finally came true. I delivered my beautiful son. A dream that started many years before with so much heartache and pain had finally come true. I really thought I would never be able to have children of my own, but I kept going. I am so happy I did. I look at my son now and I am so in love with him. He has brought my husband and I so much joy. I will always be eternally grateful to the doctors of Tao of Wellness. The love, support, and hope they gave me will never be forgotten. ■



SPRING CLEAN YOUR BODY: CLEANSING DETOX RETREAT

April 26, 27 & 28, 2013

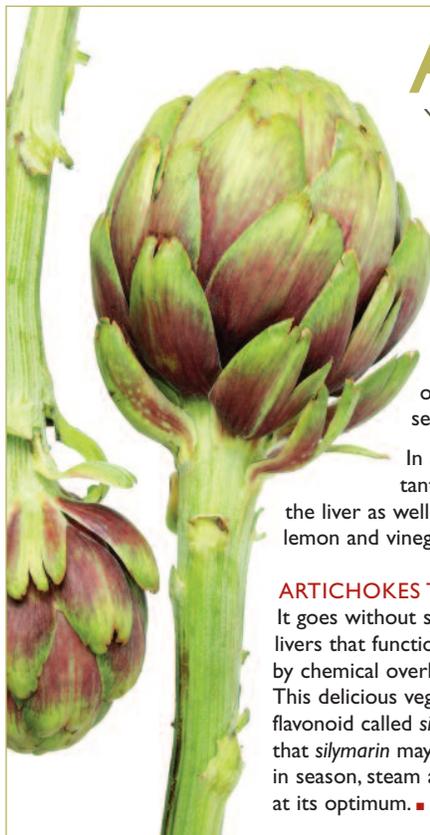
Tao of Wellness Santa Monica (new location)

The Cleansing and Detoxification Retreat is helpful for those wishing to change their habits and adopt a healthier lifestyle. It is effective for people who feel fatigued, who are trying to stop smoking, wean off drugs, lose weight, slow aging, prepare for pregnancy or reduce inflammatory conditions. Many participants have reported significant improvement in their symptoms and conditions after attending a three-day detoxification retreat.

"I feel refreshed, optimistic, and my knowledge of my body is improved. Though I'm lighter and calmer, I'm more energetic!"

"The treatments were wonderful. Each day I felt very refreshed. Definitely lost some weight and inches..."

Details: www.taoofofwellness.com. Limited space. Contact: 310-917-2200, x221



ARTICHOKES: YOUR LIVER'S BEST FRIEND

By Mao Shing Ni, Ph.D., D.O.M., ABAHP, L.Ac.

SPRING: SEASON OF THE LIVER

In Chinese nutrition, the therapeutic and energetic properties of food are carefully considered. Specifically, Chinese nutrition seeks to strengthen vulnerable organ systems and maintain balance between energies and organs. Each season of the year corresponds to a particular organ. It is important to eat foods that support the organ of the season and help the body cope with that season's weather conditions.

In spring, the season of regeneration and growth, it is important to eat foods that will cleanse and improve the function of the liver as well as prepare the body for summer's heat. Sour flavors like lemon and vinegar are helpful to your liver.

ARTICHOKES TO YOUR LIVER'S RESCUE!

It goes without saying that if we want to live far into the future, we need livers that function properly. Most people have livers that are burdened by chemical overload and do not function optimally. Artichokes can help. This delicious vegetable is a powerful liver protector because it contains a flavonoid called *silymarin*, a strong antioxidant. Studies on animals have shown that *silymarin* may be helpful against liver toxicity and cancer. When they are in season, steam and eat artichokes regularly to keep your liver performing at its optimum. ■

WELLNESS SHOP



SPRING AWAKENING TEA

Reviving and Refreshing

Drink in the springtime or early morning to revive your mind and body. This blend of herbs is useful for fatigue, indigestion, early morning grogginess, and poor concentration.

\$6.95, box of 30 tea bags



B-SLIM

B-Slim is a nutrient-rich dietary supplement designed to be part of a sensible overall weight management program. It was formulated to control appetite and craving,

eliminate bloating, improve digestion, increase fat metabolism, regulate blood sugar, gently relieve constipation and balance the body. \$29.95, capsules. Available at the Wellness Living Store



SECRETS OF LONGEVITY COOKBOOK

By Dr. Mao Shing Ni

Get your autographed copy of

Dr. Mao's new book! There are over

80 delicious recipes which have "secret healing powers" selected from centenarians around the world. \$24.99, paperback

INTRODUCING TAO OF WELLNESS HEALTHY COOKING CLASS SERIES

Chop! Chop! Don't wait to sign up for Tao of Wellness' Healthy Cooking Class Series at The Wellness Living Store! Join us for one or all of our classes – a series of six Saturdays (every other month through January 2014) from 6 - 8pm:

Longevity & Anti-Aging
APRIL 13, 2013

Fertility/Pregnancy/Postpartum
JULY 13, 2013

Sexual Health
NOVEMBER 9, 2013

Cleansing & Detox
MAY 11, 2013

Skin & Beauty
SEPTEMBER 14, 2013

Weight Loss
JANUARY 18, 2014



Join our first class on April 13th as Dr. Mao celebrates food for anti-aging with recipes from his *Secrets of Longevity Cookbook* featuring secrets of Centenarians from around the globe!



Enjoy these festive, healthy and delicious evenings as Dr. Mao and Tao of Wellness doctors take you through recipes for anti-aging, cleansing and detox, fertility/pregnancy/postpartum, skin and beauty, sexual health and weight loss. Chop, indulge, sip wine and learn interactively as teachers impart simple ways to achieve optimal health!

\$30 per person/class (classes limited to 20 people). RSVP to order@taostar.com or 310-260-0013 or for one or more classes, at least 2 weeks prior to the class(s) of your choice.

THE WELLNESS LIVING STORE 1412 14TH STREET SANTA MONICA, CA 90404

PURCHASE THESE FINE PRODUCTS AT:

THE WELLNESS LIVING STORE
1412 Fourteenth Street, Santa Monica
310-260-0013 ■ wellnesslivingstore.com
or Tao of Wellness Clinics in Santa Monica,
Newport Beach and Pasadena



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HIGHLIGHTS FROM OUR SANTA MONICA GRAND OPENING IN FEBRUARY



Staff members Analilian,
Ketty and Esther



Michelle Hixon, Cynthia Watson MD,
Jim Blechman MD, Dr. Mao



Traditional Chinese musician